

4:Hustle

Accompanies the 11/7/21 Sermon

Worship as Rest Nehemiah 8:1-12

We all need a day off every now and then. A Sabbath is something different than kicking your feet up and watching a football game or hanging out at the beach. It's an intentional day of rest and worship. When we think of worship, we often think of those three songs on Sunday morning, but worship is a lot more than that. Worshiping on a Sabbath means to delight in the goodness of God. This week in group we will spend some time talking about worship and rest.

ICE BREAKER

- When you think of home where do you think of? What thoughts or feelings come to mind?

SEARCH THE SCRIPTURES

Read the following Scriptures together and then use the questions below (or any you wish to add) to discuss the text and unpack its meaning.

 Have someone in your group **read Nehemiah 8:1-12**

 Babayan had defeated Israel and destroyed Jerusalem. The Israelites had been living in captivity and are finally able to return home. Today's passage is one of coming home and a revival that took place.

- What stands out to you about today's scripture?
- What do you know about the events that lead to this moment?
- It says that that people came together as one man. What point is the author making?
- There are several activates that take place in vs 2-8. What role did Ezra take? What was the posture and response of the people? What role did the other leaders take?
- In verse 9-12 the leaders instruct the people not to morn but to worship. Why was this important in the context of today's reading?
- What does this tell us about a Sabbath day today? What does it tell us about worship?

GETTING PRACTICAL

1. What stood out to you about this week's message on this topic?
 - a. Why did you find that so impactful?
2. What is the difference between a sabbath and taking a day off?
3. A sabbath should be a day of rest and a day of worship. When you think of rest what comes to mind? When you think of worship what comes to mind?
4. Worship has a great deal to do with us delighting in the Lord and His goodness. As we read Nehemiah the people celebrated their newfound hope. Have your thought about worship as a celebration before?
5. Over this past month we have talked a lot about rest and sabbath. What are somethings that have really stood out to you? How do you think differently about sabbath than before this series began?
6. What particular steps are you going to take to live differently after this series?

***Consider reading through and discussing the "How to Sabbath" resource included on the Hustle Group Leader Page**